

Family and Consumer Sciences 2012 Conference

Roulade Preparation

Presented by Greg Prosocki C.E.C. Corporate Chef Blendtec

Classic German Rouladen

4-4oz Flank Steaks
1t Dijon Mustard
4 Strips Bacon half cooked
Red Onion Juliennes
4 Dill Pickle Spears
2T. Oil
S & P.
Butchers Twine

Turkey w/ Garlic Artichoke and Romaine Roulade

4-4oz. Turkey Scallopines
2 Cloves Garlic
8 Artichoke Heart Quarters
4 Romaine Leaves
2T. Oil
Butcher's Twine

Chicken w/ Arugula Red Peppers and Provolone Roulade

4-4 oz. Chicken Breasts
2 Roasted Red Peppers
8 ¾ oz.Slices Provolone Cheese
12 Arugula Leaves
S & P.
Oil
Butcher's Twine

Notes